Biscuits

An all time favorite. This was the first bread I learned to make. I even used to use the same recipe to make boiled dumplings. At one point, I went about ten years without making them. Then, after living gluten free, I never quite got the knack of making them the way I used to. Gluten makes a difference in the consistency and flavor of the biscuits. Gluten free biscuits, without yeast, tend to be slightly tougher and smaller. They are okay, and can still be eaten with gravy made from the same flour mixture.

Pre Cook Preparation:
- A. Timer set to the time to begin preparation prior to cooking
- B. Stay with meal to stir frequently

Meal Adaptations:

Physical Accommodations:
- Electric mixer, or lightly mix and pour into the pan, allowing the baking process to complete mixing
- Large handled measuring cups and spoons
- Large handled mixing spoons

Visual Accommodations:
- Easily identifiable labeled ingredients
- Long oven mitts
- Brightly colored measuring cups, spoons, and bowls

Potential Food Allergy or Intolerance:
- Butter (lactose)
- Eggs
- Flour (gluten)
- Milk (lactose)
- Sugar (diabetics)

Meatless Preparation Avoid:
- Butter
- Eggs
- Milk
- Substitute with: _____

Utensils:
- Measuring cups
- 2 Mixing bowls
- Microwave safe cup
- Spoon
- Toothpick (round)
- Pan: 2.5 quart glass baking pan. ***
  - *** Dark glass bakes quicker, so reduce time.
  - *** Aluminum foil pans also bake differently and may react to acids in certain foods, such as berries.

Some recipe sites go into further detail, if needed.

Ingredients:

Meat: None

Vegetables: None

Other ingredients:
1 cup baking mix (gluten free)
1/3 cup of butter
1 tablespoon cornstarch (not necessary if animal based milk used)
1 egg
Dash of salt
2/3 cup of milk (lactose free)
Almond, or
Soy
1 tablespoon of white sugar

Preparation time: 20 minutes

Preparation:
1. Melt butter in microwave for 20 to 30 seconds.
2. Mix in a medium sized mixing bowl:
   1 cup baking mix (gluten free)
   1/3 cup of butter
   1 tablespoon cornstarch (not necessary if animal based milk used)
   1 egg
   Dash of salt
   2/3 cup of milk (lactose free)
   Almond, or
   Soy
   1 tablespoon of white sugar
3. Mix well.
4. Grease the bottom of the baking pan lightly with butter.
5. Spoon onto greased pan.
6. Place pan in oven at 350 degrees. Set timer for about 10 minutes.
7. Use a clean toothpick to verify doneness of the cookies in the middle and on the edges. It should come out clean.
8. Allow biscuits to cool slightly removing from the pan.

Cook Temperature: 350 degrees (Varies based on pan choice and elevation for those in the mountains.)
Your temperature here: _____

Cook Time: 10 to 15 minutes, based on pan choice and elevation.
Your bake time here: _____

Servings: About 10

Storage Solutions: Square containers

- **Counter safe: 30 minutes to an hour to cool enough to place in the fridge or freezer**
- **Fridge safe: 3 to 4 days * Per What's Cooking America Storage Chart link in Resources**
- **Freezer safe: 4 to 6 months * Per What's Cooking America Storage Chart link in Resources**

Reheat Instructions: (Good for quick thawing).

Microwave: Time and temp may vary.

1. **Place in a microwave safe dish (not plastic).**
2. **Heat until food is warm.**
3. **Minimum 30 seconds.**
   Add your microwave time here: _____.